



THE CITY OF SAN DIEGO PARK AND RECREATION DEPARTMENT
"WE ENRICH LIVES THROUGH QUALITY PARKS AND PROGRAMS"

NED BAUMER MIRAMAR COLLEGE AQUATIC CENTER

FALL 2010



September 7-December 18, 2010

10440 BLACK MOUNTAIN ROAD • SAN DIEGO, CA 92126
(858) 538-8083 www.sandiego.gov

LAP SWIM

Monday-Thursday	8:15 am-12:30 pm
Friday	9:30 am-12:30 pm
Saturdays	12:00 pm-3:00 pm
Sundays (until 10/24)	12:00 pm-3:00 pm

Facility closes on Sundays starting on 10/31

RECREATIONAL SWIM

Monday- Friday	11:00 am-3:00 pm
Saturday	12:00 pm-3:00 pm
Sundays (until 10/24)	12:00 pm-3:00 pm

Diving Boards and Water Slide closed

CHILDREN'S POOL- Closes October 24

Monday- Friday	11:00 am-3:00 pm
Saturday/Sunday	12:00 pm-3:00 pm

FACILITY ADMISSIONS FEES

Adults (16 & older)	\$4.00
Child/Disabled/Senior	\$2.00

DISCOUNT PASS FEES

Adults (16 & older)	\$100.00/ 30 swims
Adults (16 & older)	\$35.00/ 10 swims
Child/Disabled/Senior	\$45.00/ 30 swims
Child/Disabled/Senior	\$15.00/ 10 swims

Pool Closures: Sundays starting October 31

Thursday, November 11 & 24

December 18- January 23, 2010

All Aquatic Programs, Schedules and Fees may change and/or be Cancelled without notice

As a recipient of federal funds, the city of San Diego cannot discriminate against anyone on the basis of race, color, creed, sex, age, national origin or ancestry, religion, pregnancy, physical or mental disability, veteran status, marital status, medical condition, gender (transsexual and transgender), sexual orientation, as well as any other category protected by federal, state or local laws. If anyone believes, he or she has been discriminated against, he or she may file a complaint alleging the discrimination with the City of San Diego Park and Recreation Department (contact District Manager (619) 533-6526) or the Office of Equal Opportunity, U.S. Department of the Interior, Washington, D.C. 20240. This information is available in alternative formats upon request.

WATER EXERCISE

Aquatic Body Conditioning (ABC)

This is a total body conditioning class; Multi-level, low impact, cardio respiratory work out held in shallow water. Flexibility, muscular strength and endurance are emphasized. Participants need not know how to swim.

Monday / Wednesday / Friday
9:30 a.m-10:30 am



FEES

Adults/Seniors	\$3.50/class
Discount Pass	\$30.00/10 classes

ADAPTED AQUATICS

Swimming and Water Safety Instruction is offered for individuals with disabilities 3 years to Adult. Medical clearance is requested. See Pool manager for more information.

Classes are \$53.75 for eight 40-minute classes.

Saturdays: 10:00am 10:45am 11:20am

RENTALS- All City Pools are available to rent for exclusive or shared use. For more information, please contact the Pool Manager.

SAFETY CHECKS- There may be ten-minute safety checks conducted every half hour or every hour during Recreational Swim hours.

EMERGENCY TESTING- All City pool personnel are subject to emergency testing at anytime. Patron patience and cooperation during these drills are greatly appreciated.

VOLUNTEERS NEEDED!-Ongoing opportunities are available at the recreation centers, pool and regional parks throughout the City, as well as with senior and therapeutic recreation programs. If you would like to volunteer, please see staff for more information, or visit www.sandiego.gov/park-and-recreation/general-info/volunteer.shtml or contact the Volunteer Office at (619)533-4017

•**Passes expire one year from the date of issue and can be used at any City Pools.**

•**Specific lanes/areas will be designated for Lap & Recreational swimming, however, the pool may be utilized for other programs during designated Lap/Recreational swim times**

•**All persons entering the facility during Recreation and Lap Swim times MUST pay the admission fee and wear proper swim attire at all times.**

•**Children under 7 years of age or less than four feet tall must be accompanied by a paying parent or responsible adult in a swimsuit. While in the water, a parent or responsible adult must remain within arms reach of the child.**

•**The City of San Diego Swimming Pools may close without notice during inclement weather conditions**



All City of San Diego parks, Pools and Beaches are Smoke Free

SWIMMING LESSONS

Monday/Wednesday 8/40 minute classes

Session 1 September 13-October 6

10:40-11:20am	Tiny Tots	Adv. Tots	
4:00-4:40pm	Tiny Tots	Beg 1	Beg 2
4:45-5:25pm	Adv. Tots	Super Tots	Beg 3
5:30-6:10pm	Super Tots	Beg 2	Adults

Session 2 October 11- November 3

4:00-4:40pm	Tiny Tots	Adv. Tots	Beg 2
4:45-5:25pm	Tiny Tots	Beg 1	Beg 3
5:30-6:10pm	Super Tots	Beg 2	Adults

Tuesday/Thursday 8/40 minute classes

Session A September 14 - October 7

10:40-11:20am	Adv. Tot	Beg 1
4:00-4:40pm	Tiny Tot	Beg 1
4:45-5:25pm	Super Tot	Adults

Session B October 8 –November 4

4:00-4:40pm	Tiny Tots	Beg 1
4:45-5:25pm	Beg 2	Adv. Tot

LESSON FEES:

	Resident	Non-Resident
Large Group	\$54.00	\$108.00
Small Group*	\$81.00	\$162.00

(*All Tiny Tots/ADV. Tots and Super Tot Classes are Small Group)

Private Lessons	\$181.00	\$362.00
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(Private lessons are 5/30 minute lessons)

NON-RESIDENTS MUST PAY TWICE THE RESIDENT RATE

Course descriptions and age ranges should be used as suggested guidelines for appropriate student enrollment. For full descriptions of all classes please contact the Pool Manager or log on to:

<http://www.sandiego.gov/park-and-recreation/aquatics>



REFUND POLICY- Extra care should be given to the selection of classes. **There are NO REFUNDS. Full refund will be granted only if class is cancelled by the Pool Manager**

DONATIONS- By donating to our park system, you can help the park and Recreation Department to enrich the lives of others through quality parks and programs. Your gift will help ensure that we meet the needs of the community, including people of all ages, abilities and income levels through recreation, natural open space parks, neighborhood parks, and aquatics programs. For more information on how you can become a donor to your favorite park, pool or recreation program, please call David Monroe, Deputy Director CPlI Division, and (619)525-8235.

CITY OF SAN DIEGO SWIM LEAGUE

City of San Diego Swimming (CSDS) is a recreational swim organization for youth 5-17 years old, which offers a quality, safe program that is committed to introducing and developing basic competitive swim skills while promoting fun and team spirit. Swimmers are encouraged to participate in swim meet competitions with other City of San Diego swimming pools.

Prerequisite: Successful completion of Competitive Skills I course and or Pool Manager's approval.

(Starts September 13, 2010)

Monday, Tuesday, Thursday

5:00-6:00 pm

\$25.00/month



HEALTHY SWIMMING

KEEPING THE POOLS CLEAN & OPEN

- When the pool is contaminated with fecal matter, the pool must close.
- Take your children on restroom breaks and check diapers often. Waiting to hear "I have to go" may mean that it's too late.
- Children 3 years of age and younger are required to wear a tight fitting "swimsuit diaper" or tight fitting plastic pants and a swimsuit.
- Change swim diapers in the restroom or a diaper changing area and not at poolside. Germs can be spread in and around the pool.
- Wash your child thoroughly (especially the rear end) with soap and water before swimming. Invisible amounts of fecal matter can end up in the pool.
- All Patrons are not permitted to swim in the pool if they are suffering from an illness that causes diarrhea or have had diarrhea in the past two weeks. You can spread germs in the water and make other people sick.
- Don't swallow pool water. Avoid getting water in your mouth.
- Practice good hygiene. Shower with soap before swimming and wash your hands after using the toilet or changing diapers.

Patrons must abide by the "no street shoes on the pool deck rule"

